

## Stepping out of your comfort zone

Let me show you this: We all live inside a bubble, right? This is our world, We go to church here.

We work over here We go get our coffee over here, we go to this park over here and we usually go over here to, you know, hang out with friends.

This is our favorite club, This is our world This is our favorite spot on the beach.

We all live in this bubble What you got to do to get the life that God wants you to have? You got to put more air in your bubble.

You got to blow your bubble up and expand yourself Take yourself out your comfort zone.

Do not live in your bubble Put some more air in your bubble If you stay in your comfort zone, that's where you will fail.

You will fail in your comfort zone.

Success is not a comfortable procedure It is a very uncomfortable thing to attempt.

So you have to get comfortable being uncomfortable, If you ever want to be successful, start putting some pressure on.

Put some pressure on yourself, get out here and get about it.

Look, I love to sugarcoat this thing for you.

I love to tell you, look, you can go out here and get rich, do a couple of things.

Ain't happening You got to get real, doggish You got to get downright funky if you want to make it. Now, like I was telling you before, if you want to be ordinary, you ain't even got to listen to me. Just going about your business.

If you think ordinary is cool, ain't no problem.

It's some really, really wonderful ordinary people but if you are sitting in this room and you have extraordinary aspirations, then you're have to do extra.

You put extra on top of extraordinary ordinary, and you come up with extraordinary.

There's no other way I'm sorry, but here's the fact: All of you have extraordinary capabilities.

All of you. You have to decide if you are willing to do the things to put you in that category.

Rich people don't sleep 8 hours a day that's a third of your life.

It ain't but 24 hours in a day you cannot sleep 8 hours a day.

You can't wake up at 08:00 in the morning It's 11:00 on the east coast.

The stock market been open 2 hours they already making decisions about your life and your with sleep.

The Bible says he who loves to sleep and the folding of hands poverty will set upon you like a thief in the night.

He who loves to sleep and the folding of hands poverty will set upon you like a thief in the night.

I'm going to ask you one question I'm going to go, how many of you in here know somebody who loves to sleep?

Your comfort zone is your enemy one of the biggest ironies I can think of is that when you live life trying to stay comfortable.

life will send you more and more discomfort It's true Life will send you more and more problems.

Life will keep throwing rocks at you life will keep handing you resistance, struggles, issues.

And because people are so concerned about staying comfortable, instead of growing and reaching higher,

because people don't want to address their limitations and move beyond them, they keep struggling.

Listen, you are not here on this planet to sip apple martinis on the beach and get yourself a tan.

You are here to grow and if you won't make yourself uncomfortable, life will give you plenty of reasons to push you out of your comfort zone.

So you have one of two options either you commit to constant growth and feel discomfort upon your own accord.

and you become the master of your own destiny, or you hand over the keys and you let life happen to you by default.

One path leads to success, and the other path leads you to constant struggle and pain.

It's your choice you think Steve Jobs started Apple feeling comfortable about it? You think top athletes sleep their way to high performance?

You think Oscar winning actors procrastinated their way to achievement? No.

So then why are you giving into wasting time with Netflix marathons into chronic procrastination? Why are you running to the bar the moment your best friend texts you to come out?

You have got to be willing to make the hard decision you've got to be willing to feel uncomfortable, to feel awkward, to face rejection, to fail, to feel pressure.

You've got to be willing to face those things because that's what's necessary for you to grow.

How many times have you looked at your life and said, man, if only I knew then, would I know now? Life is so different.

So is it not possible, then, that the life you are living now, you would be living differently if you began to develop an awareness that you do not currently have?

Well, guess what? The only way for you to develop knowledge and awareness is to try things you have not yet tried to.

Yet done, to create things you have not yet created, to go to places you have not yet explored.

This is how you grow, that is how you become the person who is worthy of sitting on the beach with their favorite drink.

Life rewards you with those experiences after you do the work there is a real price to success and life collects the payments.

And let me tell you something: life does not accept payment plans, life does not let you get away with experiencing things that you have not yet earned.

Your sacrifice must be paid upfront and in full and that is the only way you are going to achieve the life that you want.

So I strongly suggest that you begin to pay with your discomfort.

I strongly suggest that you start making those calls, that you start approaching that person, that you start practicing kindness and compassion over jealousy and greed.

That you confront your anxiety, that you hit the gym, that you study harder, that you jump higher.

That you begin waking up early even if you're not a morning person. That you destroy your procrastination.

That you start doing the things that you know within your heart that you should have started doing a long time ago.

So you can start to build the experiences and the knowledge that you need to succeed.

That is what I suggest to you and don't listen to this as a voice on a video over some music.

Listen to this as a direct sign, a direct message that life is giving to you to wake you up, to help you acknowledge your own greatness.

It's time It's time for you to get uncomfortable.

It's time for you to start dreaming again and start going after what was always yours, but what you've ignored for far too long.

And I promise, when you push yourself into discomfort, your friends will take notice, your colleagues will take notice, your family will take notice, life will take notice.

And life will begin to back you up, life will begin to support you and open doors for you and introduce you to the people who will take you to the next level.

But you have got to take the first step so take it, take it and watch your life explode into greatness.

Watch new levels of the game unfold for you watch you develop into the person who you have always wanted to become.

It's all waiting for you outside of your comfort zone.

You could be rich, man, but you cannot erase the work ethic part. There is no getting around. Ain't no elevator to the top you got to take the stance.

The elevator doesn't go to the top, man, not in the world of success.

You got to take the stance Y'all got to start getting gritty, man.

Some taught this to me a long time ago. He said, Steve, in order to get to the life of your dreams, you're going to have to learn how to get comfortable being uncomfortable.

When you hear people say all the time, I don't want to do nothing that I'm not comfortable with, this person's in trouble. Because whatever your comfort zone is, if you stay in your comfort zone, that's where you'll fail.

If your comfort zone is this big and you stay in your comfort zone, that's where you'll fail. In order to succeed in life, you have to step outside of your comfort zone. But I want to tell you something about yourself.

All of you are equipped to live outside of your comfort zone. See, a lot of people are afraid to jump. A lot of people are afraid to take chances. A lot of people are afraid to put things up for risk, and you shouldn't be.

Now, you can be afraid, but you should learn how to go ahead anyhow. See, because let me show you something about yourself. For all the bad days you've ever had, every day that you thought you wasn't going to get through, for every period in your life, you did not see no way you could come out on the other side.

Your track record for surviving them bad days is 100%. You have survived every single. One of them. Your track record for surviving bad days, y'all, is 100%. And that's pretty good. You can't name one bad day.

You ain't got three. I have a life of convenience. But in order to get the life of convenience, you got to have a very uncomfortable life. You got to get comfortable being uncomfortable. Stop trying.

Just change your mindset. You change your attitude. You change your altitude.

Go for it.